

**ABSTRACT OF THE DISCLOSURE**  
**APPARATUS AND METHOD FOR INTRA-ORAL STIMULATION OF THE**  
**TRIGEMINAL NERVE**

5           An apparatus for intra-oral stimulation of the trigeminal nerve includes an energy  
source that imparts energy to a tooth to stimulate the trigeminal nerve and an attachment  
portion to secure the energy source in a mouth in proximity to the tooth. Stimulating the  
trigeminal nerve in this manner has been experimentally shown to induce and/or enhance  
relaxation and/or sleep without the adverse side effects associated with traditional drug  
10       therapies. In one embodiment, the apparatus can be realized as a “cap” having two legs that  
engage opposing sides of a tooth and a bridge portion spanning the occlusal surface of the  
tooth to link the legs.